

# 2010 Military Health System Conference

This Year's Focus at the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury

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Director

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Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury

# Agenda



- DCoE: Status and Mission
  - What is DCoE?
  - “Center of Centers”
  - Who We Support
  - Cultural Transformation
- DCoE: Activities
  - Selected Accomplishments
  - New and Upcoming Initiatives
- Questions

# What is DCoE?



- DCoE is a DoD organization that, in close partnership with the Department of Veterans Affairs, leads a national and international collaborative network of other governmental organizations, military and civilian agencies, community leaders, advocacy groups, clinical experts and academic institutions in helping service members with psychological health and traumatic brain injury issues.
- DCoE's work focuses on assessing, validating, overseeing and facilitating programs which aid service members with resilience, recovery and reintegration for psychological health and traumatic brain injury issues.

## Our core messages

- You are not alone
- Treatment works. The earlier the intervention, the better
- Reaching out is an act of courage and strength

# What is DCoE?



## DCoE Directorates

- Resilience & Prevention
- Traumatic Brain Injury Clinical Standards of Care
- Psychological Health Clinical Standards of Care
- Training & Education
- Research, Quality Assurance, Program Evaluation, & Surveillance
- Clearinghouse, Outreach & Advocacy
- Strategy, Plans & Programs
- Communications

# What is DCoE?



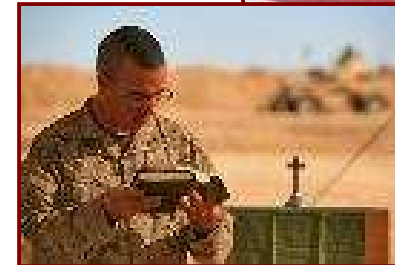
## DCoE's Six Component Centers

- Center for Deployment Psychology
  - <http://www.deploymentpsych.org/>
- Center for the Study of Traumatic Stress
  - <http://www.centerforthestudyoftraumaticstress.org/>
- Defense and Veterans Brain Injury Center
  - <http://www.dvbic.org/>
- Deployment Health Clinical Center
  - <http://www.pdhealth.mil/>
- National Center for Telehealth & Technology
  - <http://www.t2health.org/>
- National Intrepid Center of Excellence
  - Opening in Spring 2010, [Web site coming soon](#)



# Who We Support

- **Service members**
  - Guard and Reserve
- **Veterans**
- **Families**
- **Military leaders**
- **Healthcare providers**
- **Researchers**
- **Employers**
- **Caregivers**
- **Chaplains**



# Cultural Transformation



## Beyond Military Medicine

DCoE is driving a cultural transformation to create a proactive approach to operational psychological health that spans the continuum of accession to transition out of the Service and will increase force readiness by strengthening individuals and units, assessing and treating physical, psychological, and spiritual concerns early, and providing support networks for successful reintegration.

### ➤ Resilience

- A set of actions and attitudes that prepare individuals and groups for adapting to challenging situations; establishing a “new normal;” and realizing one’s potential for growth

### ➤ Recovery

- Assessing and treating physical, psychological, and spiritual issues, and ensuring that Warriors and their Families have the resources they need to recover to pre-injury levels or higher

### ➤ Reintegration

- Providing support networks and resources for successful reintegration; and continuing to encourage and support programs that foster Warrior and Veteran employment, education and health care

# Outreach Center: 24/7 Outreach Support to Services



- DCoE Outreach Center able to connect the right resource to the right person at the right time for Services, components and locations
- DCoE Outreach Center Health Resource Consultants (HRCs) receive training on Service specific culture and customs
- Master's level coaching and support in the following areas:
  - Resilience programs
  - Suicide prevention initiatives
  - Family and relationship support
  - Alcohol/substance use programs
  - Psychological Health (PH) / Traumatic Brain Injury (TBI) programs
  - Healthcare system navigation
- Resourced to assist National Guard, Reserve members and others with relevant information, tools, and resources
- Many HRCs have prior military experience or are military family members and draw on their experiences, along with their training, to best address Service specific issues

***DCoE Outreach Center: 866-966-1020***



# Real Warriors Campaign

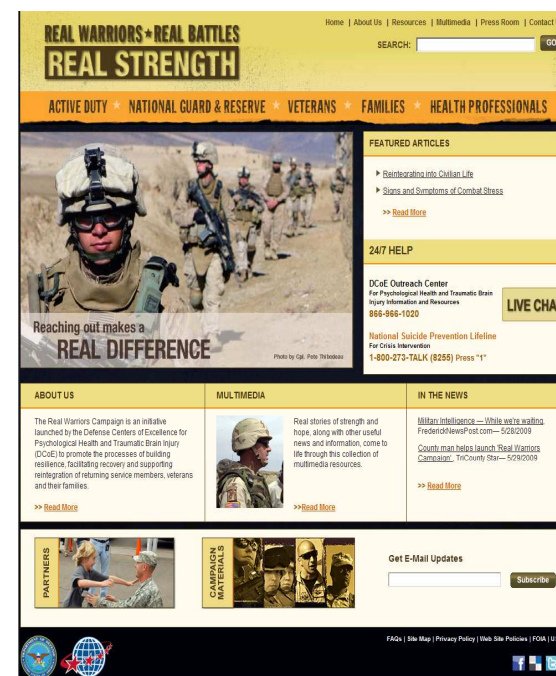


## Real Warriors Campaign

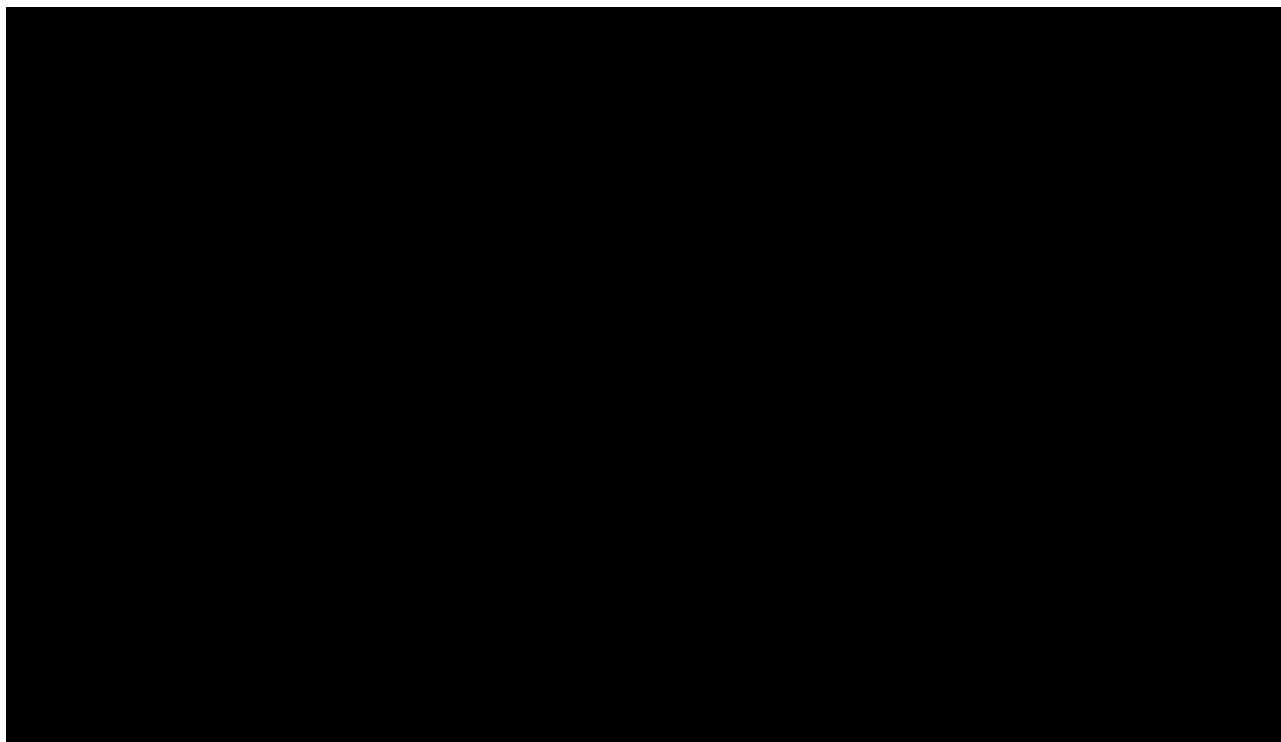
**“Real Warriors. Real Battles. Real Strength”**

- [Realwarriors.net](http://Realwarriors.net), includes information for
  - Active duty service members
  - Guard & Reserve
  - Veterans
  - Families/Loved ones
  - Health professionals
- The Web site includes
  - Feature articles/Message board/Blog
  - Profiles featuring Real Warriors telling their stories
  - Complete deployment cycle guidance and resources
  - Links to resources including the **24/7 DCoE Outreach Center**, National Suicide Prevention Lifeline
  - Multimedia products/Campaign materials

**Call 24/7: 866-966-1020**



# Real Warriors Campaign



# Sesame Workshop: Talk, Listen, Connect



- Sesame Street: Talk, Listen, Connect
  - Phase I: Deployments
  - Phase II: Injured Parents / Return Home (April 2008)
  - Phase III: Loss of a Parent
- Purchased 700,000 Two-DVD Kits
  - Over 300,000 kits distributed
  - Available as free download on iTunes
  - Low-Tech Website:  
<http://www.sesameworkshop.org/initiatives/emotion/tlc/>
- PBS Prime-Time Special on 1 April 2009
  - Injured Parent (Changes)
- Advanced flash-based website July 2009
  - Activities & Games for Children
  - <http://www.sesamestreetfamilyconnections.org>
- Next phase due April 2010
  - Death of a Loved-One

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# Afterdeployment.org



- Afterdeployment.org (AD) is a wellness resource for the entire military community
  - An online mental wellness and behavioral health Web site created in collaboration with the National Center for Telehealth and Technology (T2) to address post-deployment issues for all service members, veterans and military families
  - Provides web-based tools that focus on common post-deployment problems such as PTSD, depression, anger, and relationship issues
  - Users can take assessments, view video-based testimonials, and access narrator-guided workshops
  - Web site: [www.afterdeployment.org](http://www.afterdeployment.org)

# New and Upcoming DCoE Initiatives



- In-Theater mTBI / PH Protocols
- Outreach Center / Clearinghouse for Clinical Treatment and Research Consultation
- Compendium of all DoD PH/TBI programs
- Identification and Evaluation of Best Practices
- Hyperbaric Oxygen Research Study
- Cognitive Rehabilitation Clinical Practice Guidelines
- Post-TBI Driving Evaluation Standards
- Resilience Pilot Project Evaluation
- Sim Coach
- Theater of War



# Questions...

# Back Up Slides



## Back Up Slides

# Advanced Media Innovation



- Leverage Mature Technologies

- Mobile Phone Apps for Information
- Web Comics / Graphic Novels
- Web 2.0 applications
- Virtual Reality Therapy



- Technology Push

- Videogame Consoles
- Mobile Phone Apps for Treatment/Rehabilitation
- Avatar-Based Simulation (SimCoach)
- Web 3.0
- Validation Research
- Second Life



- Validation

- All applications need to be validated to be safe and effective

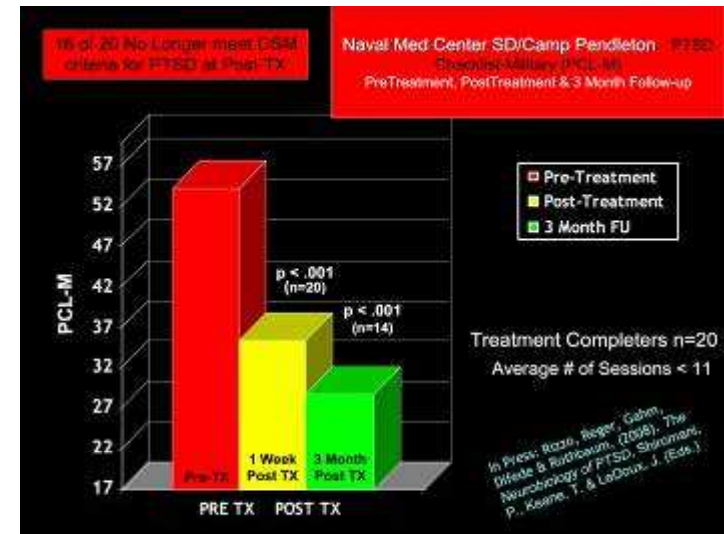




# Virtual Reality (VR) Therapy for PTSD



- Program Initiated By Office of Naval Research (ONR) in 2005
  - Test sites at Naval Medical Center San Diego & Camp Pendleton Hospital
- Systems are being purchased by Navy, Air Force, and VA
  - Positive Transition of Technology
  - Military System Purchased Via Red Cell
- Additional studies being funded by DCoE, Army, and NIH
- Provider Training Being Offered By DCoE Telehealth and Technology Center (T2)
  - Madigan Army Medical Center



# VIRTUAL REALITY EXPOSURE THERAPY FOR PTSD



- **Multi-sensory virtual reality may improve exposure efficacy.**
- **Results from open clinical trials promising.**
- **T2 clinical results from use at a military MTF support effectiveness.**



## Way Ahead

- T2 leading randomized, clinical trial in collaboration with Madigan Army Medical Center.
- T2 VR Training Program – VA/DoD providers from 14 locations trained to date.

# SimCoach



## Description

SimCoach is an initiative to de-stigmatize mental health treatment using an anonymous self-paced environment combining Avatar, Artificial Intelligence & Voice Recognition technologies with user-interactivity of videogame technology. SimCoach will allow users to discuss issues with top experts on psychological health, TBI, & military issues. Will provide access to information and resources, while familiarizing and destigmatizing the treatment process.

## Buys:

- Provide initial prototype within 12 months
- Open Source & modular architecture to allow open mods of system
- Intelligent system that remembers user and knows military & medical info
- Program will be implemented in stages while tech challenges addressed
- Evidence-based validation strategy

## Impact:

- Provide next generation outreach solution to educate Warfighters and families on PH options and process
- Game-based technology to help de-stigmatize PH
- Tool can be use in both rural and non-rural areas
- First step in developing more future apps for treatment & diagnosis

## Doesn't Buy:

- One-on-one treatment and intervention
- Not a "Doc-in-a-box" solution

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# Small Business Innovation Research (SBIR) Programs



- Interactive Game-Based System for Psychological Health Education (avatar or non-avatar)
  - Use interactive game technology to develop psych health education materials
  - Phase I initiated January 2009, Entering Phase II
- Virtual Parental Dialogue Application (avatar or non-avatar)
  - Create interactive memento for family members
  - Phase I initiated April 2009
- Cognitive Motor Therapy Using Console-Based Videogame Platforms
  - Use Xbox, Wii, PS3, etc to supplement therapy for inexpensive, standardized platforms that could be sent home with patients
  - Phase I initiated April 2009

